## UNITED STATES DEPARTMENT of the INTERIOR

FISH AND WILDLIFE SERVICE Bureau of Commercial Fisheries Guinan - 343-5634

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NEW FISH RECIPES AVAILABLE FOR PREPARING GREAT LAKES FISH

New methods of achieving culinary magic in preparing fish from the Great Lakes are offered in a publication just released by the Department of the Interior's Bureau of Commercial Fisheries.

The publication, <u>Fish Recipes from the Great Lakes</u>, Circular 201, is available for 25 cents from the Superintendent of Documents, Washington, D. C. 20240.

Bureau home economists developed 24 new recipes and serving ideas for yellow perch, catfish, whitefish, pickerel, smelt, buffalofish and other species from the Great Lakes. Illustrations are in color.

Coinciding with availability of the publication, the Great Lakes fishery industry and the Bureau of Commercial Fisheries advanced a new slogan, "Fish is an Every Day Food," to encourage homemakers to serve fish more often.

Donald L. McKernan, Bureau Director, said improved transportation and refrigeration makes fish, once associated by most people only with Friday, more of an every day food than ever before. He said the new recipes are adaptable for an evening meal or for "brunch," for midday or midnight snacks, and for hot or cold weather. And he said there is a growing appreciation of fish as a breakfast dish.

"People who live along seacoasts traditionally eat fish for breakfast, preparing it in a variety of delicious ways," Mr. McKernan added.

The Great Lakes have been a source of food since America's earliest days. The region's fishery industry reached peak development at the turn of the 20th century, and despite a decline in recent years, provides nearly 100 million pounds of choice fish annually.

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